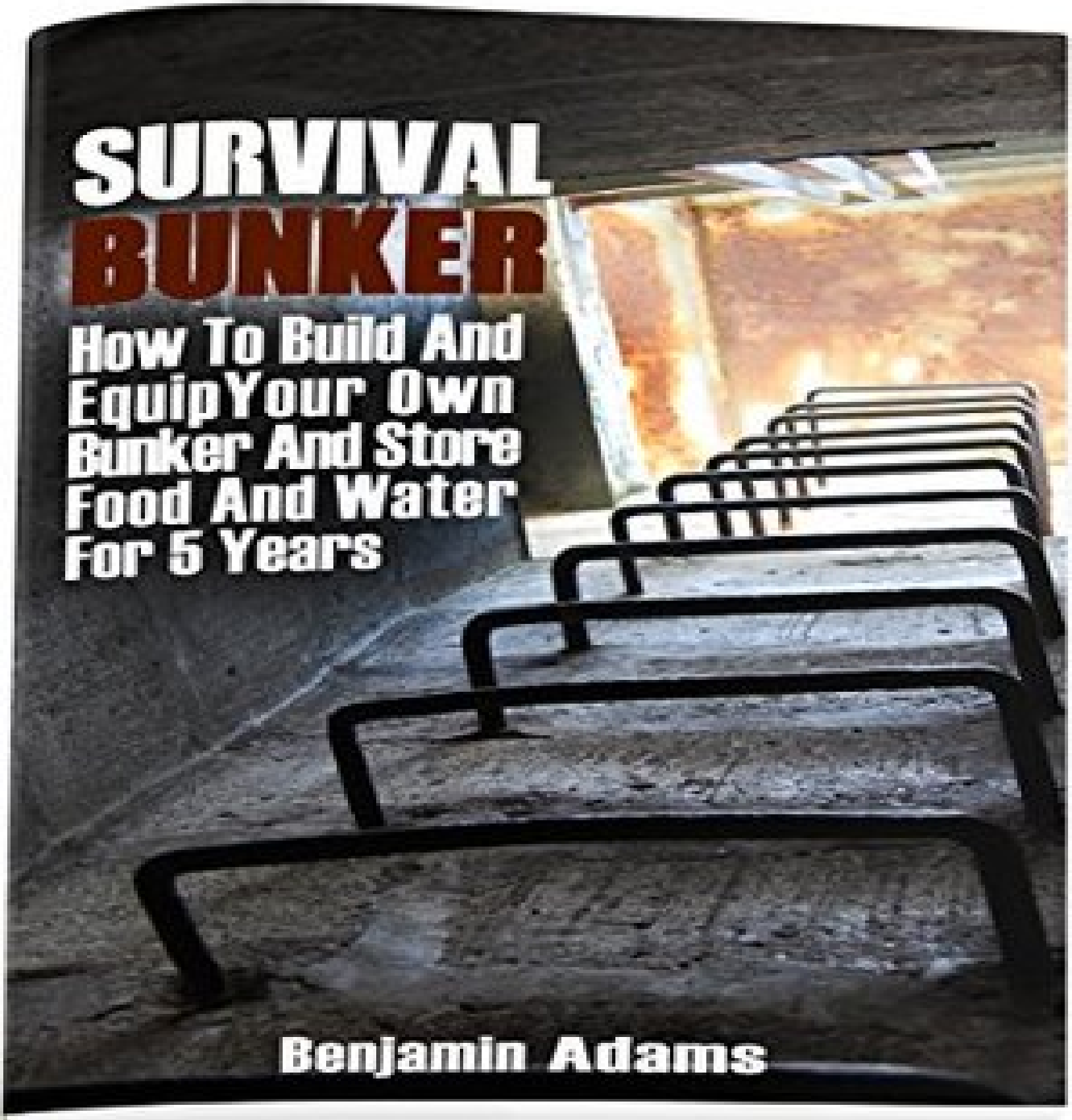
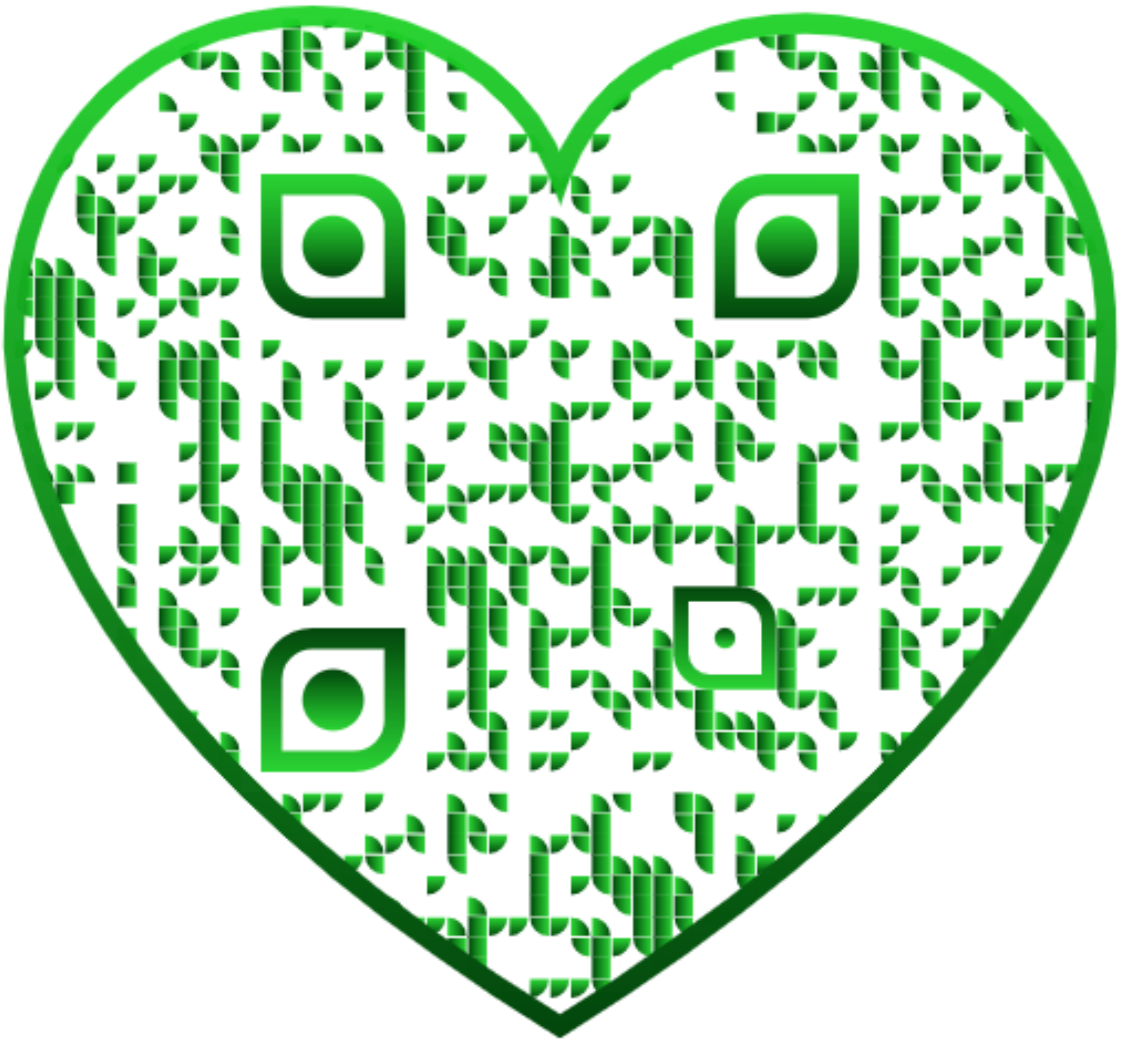

SURVIVAL
BUNKER
How To Build And EquipYour Own Bunker And Store Food And Water For 5 Years
Benjamin Adams



Survival Bunker:

How To Build And Equip Your Own Bunker And Store Food And Water For 5 Years

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Introduction

You only need to take one look at the news to be concerned about where the world is heading. Natural disasters appear to be happening at an unprecedented rate and the threat of global, if not nuclear war seems to be closer with every passing day.

Some of the greatest countries in the world now seem unable to protect themselves from threats that can destroy civilization as we know it. One of the biggest friends and advancements in technology; the internet and digital communications, is a powerful ally and foe.

Human reliance on digital communication and the increasingly sophisticated methods of attacking these electronic structures is making it possible for the smallest of groups to cause huge destruction to masses of people.

The truth is that whether the power grids go down or the world takes to nuclear war; there are many reasons why now is the right time to build your own bunker and stock it to ensure you can survive for the next five years.

There are two min opinions when it comes to what happens after a national or global disaster hits; the first revolves round the principle of survival of

the strongest. In essence those who are prepared to steal and even kill will survive; everyone else will perish.

The alternative theory is that people will bond together into small communities; allowing safety through numbers. This will provide enough people for security, food production and the other necessities of living.

In reality, it is likely there will be a mixture of both. However, the way to really ensure you remain safe whilst the world changes is to be able to enclose yourself into a bunker and effectively lock yourself away from the world for several years.

This approach will allow you to monitor and assess the situation round you without being in har m ' s way. More importantly, a bunker can offer protection from a wide range of bombs and other weapons. These can wipe out huge chunks of the population leaving you as one of the few survivors!

It does n ' t matter if you live in the town or the country; even if you are already operating off grid. A bob can seriously affect your property and your sustainable lifestyle. This is why it is essential to build a bunker which will protect you from natural disasters and man-made ones. If you are lucky you will still be able to use elements of your home; if not, you will be grateful that you built a shelter capable of looking after you and your family.

Building a survival bunker is feasible for anyone to do by themselves; it can be completed with a minimum budget and stocked through a small addition

to your weekly grocery bill. You will be surprised at how quickly your stocks grow!

By taking a few simple precautions and setting up the right equipment and supplies today you will be able to enjoy a comfortable life whilst planning for the best way to live after the disaster has passed and the world returns to a semblance of normality.

Chapter 1 – Building the Bunker

Stage one of your survival bunker must be the planning! You cannot hope to achieve a bunker which will survive bomb blasts and the associated fallout unless you plan how to build the bunker and where it should be located.

After you have achieved this you will be able to start the build and create a stunning shelter which will also be virtually invisible!

Location

The ideal location for your bunker is actually your garden. Whilst there are many who would say it is risky to stay in a town or city, it can be just as risky to move on. Many of these risks are connected with attacks from

other humans or the back-up of waste. However, these are not issues you will need to deal with from inside your bunker!

It is possible to locate a spot in the country to build and stock a bunker. However, you must consider that it is much easier to build stock and get to a bunker in your garden that it is to get out of town. This is especially true if you have very little notice of the impending disaster.

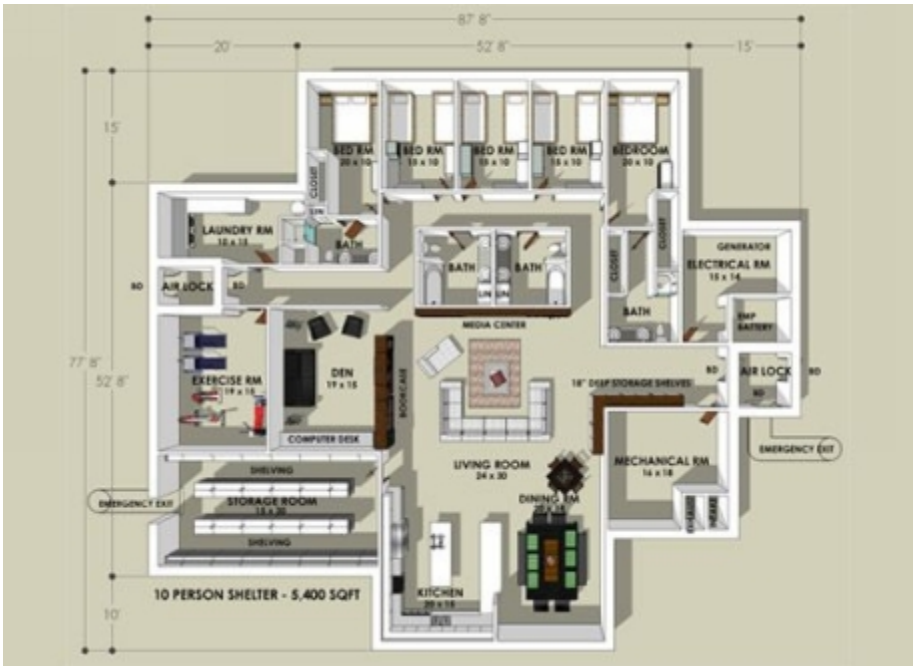
Underground

Your bunker needs to be built underground. This is to ensure that the soil round it can provide protection from blasts and even radiation. A large bomb, even a non-nuclear one, can flatten buildings many miles away from the blast. If your shelter is underground this will not be an issue!

You will, therefore need to design your bunker based on this and you have available to dig up. Bunkers are usually kept at one level as this reduces issues through ground tremors.

Once you have planned the layout and chosen the right spot you will need to bring in a digger, this will be a big hole to dig by hand!

Planning



The final stage before actually building your survival bunker is planning. There are several factors to consider and allow for when building a bunker which is intended to look after you for five years! It is worth planning the structure to provide you with adequate shelter for the whole five years. If your house remains useable after the disaster then this can be seen as a bonus!

- Peopl e – You need to consider how many people are in your household. Your bunker must be designed to allow each of them to have their own sleeping space; if possible their own bedroom. Of course, space might not make this possible. In this case you should consider making a small room where people can go for a little alone time. Spending many days in a small structure with other people can cause tensions to rise. A chill-out space and even a place to work off aggression will be useful.
- Room s – Alongside creating a suitable sleeping space you will need to have a kitchen area, sitting area and a bathroom. A dining area is a nice edition; especially if you are intending to live within this shelter for five years. Your kitchen and bathroom will need to be adequately equipped; this is covered in the next chapter. You will also need a large store room for your food and water.
- Marking the Spo t – Once you have designed your shelter on paper it is advisable to market all out to scale in your garden; where you intend the shelter to be. This will ensure you know it will fit. It will also help you to assess the entrances to your shelter and the direction it will need to face.

  Your shelter should have two entrances; the main one and an emergency one. This is usually positioned under one foot of sand and the door swings inwards; allowing the sand to fall into your bunker stairway. The sand will keep this entrance hidden.

Digging a Hole

Now that you have designed your shelter your markers will serve as a good point to place a cordon round. This will prevent people from getting into your dig site without your permission.

You then need to consider when the best time of year to start digging is; this will be weather and soil related. Although you cannot control the soil in your garden it is useful to note that clay is good as it is unlikely to collapse. Rocky soil is also good but difficult to dig and sandy soil is likely to collapse.

At this stage it is best to select all the tools and materials you will need for the build. These will include spades, shovels, cement mixer, bricks, steel bars, wood and waterproof sheeting.

You will also need a digger to start excavating the earth from your garden. The initial stage is to dig a hole bigger than the shelter you wish to build. It needs to be deep enough for the shelter, plus at least another half a foot for the concrete base and a gap of three feet above the completed roof. This can be covered in soil to form a good level of protection from radiation. The base of your dig must be as flat as possible.

It is worth noting that you may need permission to build this structure; although it will not be an issue if you need to use it!

The Build

You can opt to lower several containers into your hole and connect them to create rooms of your structure. However, these can be costly and you may

prefer to build it yourself.

You will need at least half a foot of concrete on the floor; before you lay this it is advisable to place a damp proof membrane on the soil; this will prevent damp from coming into the bunker through the floor.

You can then build you outer walls. These should have damp proofing between them and the soil. The walls should be made of brick and cemented into place. Brick is also the best choice to use to create the divides for the internal walls.

There are two reasons for this; improved strength for the entire build and it will provide better support for the ceiling. It is a good idea to use soundproofing on the walls and roof as this will allow you to move round freely inside your bunker.

The Entrance

Your bunker needs to have two entrances. The first is the main one, the second the emergency. This, as mentioned already, should be under a foot of sand.

You need to create a short tunnel at each end of your structure. Inside the tunnel will be a steep set of stairs leading to the surface. The emergency end will simply have a hatch which open inwards and is held in place with a steel bar from the inside.

At the main entrance you will need to create a similar hatch but it must open outwards. This can be a difficult one to disguise. One method is to cover the top with fake grass and surround it with shrubs. Another is to build a small shed over the top of the hatch. This allows you to come and go in complete privacy.

A third option is to have the entrance coming into your home. This may require digging a short tunnel which will need to be properly secured and a trap door in your basement. If you adopt this approach you must have the second exit to allow yourself a way out if one entrance is blocked.

The Roof

Standard roofs are made from solid timber and this is an effective method for securing your structure. Concrete is also an option if you are capable of completing the job this way.

The wood should cover the entire structure; with the exception of the entrances. It should be sound proofed on the inside and damp proofed on the outside. It should also be at least three foot below ground level; this will help to reduce the risk of radiation poisoning.

Any wood you use must be treated or it will quickly rot; ruining the effectiveness of your bunker!

It is worth noting that if you have a large underground bunker you will need to use metal beams to help strengthen the walls and take the weight of the ceiling.

Finishing

The inside of your structure can be left plain or it can be plastered and painted to make a fantastic looking home under the ground. This is a good idea if you might

Find yourself living in the bunker for several years!

The main structure of your bunker is finished, but you must look at the equipment needs before you complete any finishing touches and cover the shelter.

Chapter 2 – Equipping Your Bunker For Survival

Before you can complete your build there are a few important additions which you need to think about; now is a good time to do this!

Power

Your bunker will be dark; it is built underground with no windows! You do not want to draw any attention to yourself and there cannot be roof lights in it!

It is, therefore, inevitable that you will want some sort of electrical power. There are two main options.

1. Generator

You can build a small room to house a large generator; it will need to be well sound proofed to ensure it cannot be heard running. This can then be connected to a fuse box and distributes power to the lights and a limited number of sockets. This will allow you to see, play music and power a fridge or freezer. You could even use it for a cooker.

However, the generator needs air to work effectively. This means you need to create two pipes going to the surface; they will need to be discreetly positioned so that they are not visible to anyone. One pipe will be connected to the air intake for the generator, the other for the exhaust. This will ensure you do not suffer from carbon monoxide poisoning inside your bunker.

This is a good solution but does lead to a further issue. How much fuel do you need to power a generator for a week? You will then need to times this by 52 and then by 5! To house this level of fuel you will need to build another shelter; or a large room to hold the many containers of fuel. You may also be able to reuse waste products; assuming you will generate enough of them!

2. Solar Power

An alternative is power from the sun. Again, you would need to create an additional space; but this time it would be to house the batteries. Lead acid batteries generally last approximately five years so it is best to choose the lithium-ion ones. These will need to be connected to the solar panels via a charge controller; this will ensure the batteries receive enough chare without being overcharged.

You will also need an inverter to convert the DC output of the panels and batteries to AC for use in your bunker.

Of course, the downside of solar panels is that they are generally very visible. Ideally you will need to position them a good distance from your bunker to avoid attracting attention. On the roof of your house or even on

the shed can be a good spot; they will look like they have been there for years when the disaster occurs.

Unfortunately, they may also be destroyed by the disaster. You will need to have spare panels in your bunker to ensure you can generate power if your originals are destroyed.

Toilet

You will need to take care of natural body functions and maintain hygiene; if you do not then you are likely to fall ill from a variety of different bacteria.

You can fit your home with a composting toilet. However, without access to the outside world you will be limited by the amount of soil you have

access to and what to do with the waste.

Instead, whilst you are digging in your garden, you could dig an extra hole and insert a septic tank into it. This can be connected to your bunker via a pipe which must be set at a downward angle from the toilet. The waste would then go into the septic tank and break down by itself. Following that the water run-off would simply disappear into the surrounding ground.

The septic tank will need a vent pipe to the surface but other than his can be hidden completely!

Water

You may store water, as per the last chapter of this book. However, this I not a tenable solution for the long term; you would need a huge amount of water, the average adult needs 5 liters every day to drink, wash and cook!

It is therefore a valid idea to drill a bore hole into the ground and extract water from under the ground. You will need to have n electric pump and manual one in order to bring the water to the surface. This will then need to be treated to ensure it is safe to drink.

The bore hole can be through the bottom of your bunker or it can be positioned next to your bunker and arrive in your home via a pipe. It would

even be possible to connect this to an electric water heater and have hot water for washing; as well as the occasional shower!

The best location would be in the hallway leading to the emergency exit; this makes it accessible but protected.

A viable alternative is to have rain water collectors just above the surface of the ground. The water could be funneled into a large container which is connected to the bunker via a pipe.

These containers and pipes need to be put into place before you finish the roof and cover the bunker with soil.

Ventilation

Your bunker needs ventilation. If you do not have any then you will gradually deplete the oxygen available and everyone will be likely to die! However, as the bunker is designed to protect against the fallout from a

bomb it is worth running another pipe to the ceiling and into a vent room. Here it will connect with a fan which blows the fresh air into the bunker. This also prevents it from getting too hot.

However, the pipe must also have a filter which prevents radioactive particles from being sucked into the shelter. This will keep you safe!

In addition, to complete the ventilation you should use an extractor vent to remove the used air from the bunker and push it into the atmosphere.

This completes the pipes sticking out of the ground and ensures a continuous clean supply of air for everyone inside.

Cooker

You will need to cook your food on something. Whilst a camping stove is a good option this cannot be used indefinitely; you would need to stockpile a lot of gas canisters.

Another option is to use a wood burning stove. Unfortunately this will need to vent to the outside and you may attract attention when the fire is particularly smoky!

The most obvious solution is to use a small electric cooker combined with your electric supply. This will provide you with a reliable and safe form of

cooking; providing your electricity supply is working properly.

Other Equipment

There is a host of other equipment that you will either need to make or purchase for your bunker. It is important that this area is comfortable; particularly if you end up living in it for five years!

Items which are essential will be beds, cupboard spaces, a couch or two, dining room table and chairs, fridge, freezer, kitchen cupboards and a sink. In effect you are building a house! Again, all of these items can be added after the initial build is completed; providing you have put all the pipes and cables through the walls ready. You will also need plenty of shelving in your storage area to keep all your food and water supplies.

Perhaps the most effective approach to electricity and water is to adopt more than one method. This will provide you with a fallback system and can be easily included in your plans at the beginning stage. For example, you can run the cables in ready for solar power and create spaces for the generator, spare fuel and the batteries; even if you do not add these pieces of equipment until later!

Once you are happy that you have completed your design and installed all the necessary pipes it will be time to fill the area round and over the bunker. All that should be visible afterwards is the two entrance hatches.

If you wish to you can pile earth on top of your bunker to make a dome shape. This will increase the protection and allow you to cover the top with a waterproof garden membrane. It will prevent water from attempting to flood your bunker from above and can be planted; quickly giving the area a landscaped garden feel.

A final point worth noting is that the ground above the emergency exit should be slightly sloped to keep water away from the hatch. In the same way the main hatch should be sloped.

Chapter 3 – Storing Food and Water for 5 Years

This is not an easy task! Storing food for 5 years for a family of four is a large quantity of food. You will need to calculate how much to store and whether you want to include a little extra or not. Once the food is stored you will need to be careful regarding portion control; there is little opportunity to grow food underground.

The Right Food

The first thing you will need to start doing is looking for food items which have exceptionally long life spans.

- Tin s – These generally will last for years and are usually safe to consume long after their best before date. You will need to stock on tins of salmon or tuna; these are fish which are high in omega 3s,

essential for your ongoing health. 260 tins will give you enough for one tin a week!

It is also advisable to stock up on canned meat; this is generally high in protein; another essential nutritional requirement.

You will also find plenty of tins of vegetables; these are important as vegetables have a long list of benefits to your health.

- Ric e – Brown rice is generally acknowledged s being better for you then white rice. However, either is acceptable as they can significantly boost the range of foods you can eat. Rice can go with a huge number of dishes.
- Past a – Just like rice, whole meal pasta is the healthier choice but any pasta can be stored effectively for years. Pasta can be stored in an airtight container and used for

NOT E – Brown rice and pasta will not survive for five years! It is advisable to purchase them in a freeze dried format.

In fact, many modern foods, such as eggs are now available in a freeze dried format and can make the perfect addition to your bunker kitchen.

It is important, when considering food, to think about which foods you normally eat. There is little point in keeping food which you do not normally enjoy. Part of the point of planning is to enable your life to continue in relative normality. This will help you to adapt to the change and evolve with it.

- Dried bean s – These are easy to store as they are very light and can be stored virtually indefinitely. Unfortunately they do need to be soaked in water before you can use them; this emphasizes why a good water supply is so essential!
- Nut s – These are full of protein and healthy fats. They are a delicious snack and beneficial in small amounts on a daily basis. However, be wary of any which are high in salt. They may keep better but they will also raise your blood pressure and thirst levels.
- Chocolat e – Surprisingly this is a good item to stock in your cupboard! It provides an instant energy boost and a mental lift as well as having plenty of protein. It can be especially beneficial when you are having a tough day.
- Dried mea t – Meat is generally full of protein and dried meat is another excellent way of storing some for the future.
- Coffe e – You need to drink and water, especially that which has been purified, will have a tang to it. Coffee will also be essential to anyone who is using to drinking it on a regular basis.

  You can purchase jars of instant coffee for very little and it will keep for upwards of ten years! In fact, you may even be able to trade it in the future against virtually anything; coffee could be the new gold!

The safest approach to food storage is to think about what you eat in a normal week and see how you can replicate this by either purchasing items the same or the ingredients to make them with. You will then be able to have a trial run where you live off your freeze dried and tinned food for a week. Once you are satisfied that this is acceptable you can multiply the

mount you need by 52 and then by 5 to get an approximation of the number of items you need to survive 5 years!

Water

You may be able to survive without food for several weeks but a human cannot survive without water for more than a few days. This is why it is essential to store water in your bunker. It is best to store water in 5 gallon bottles; these are a manageable size and relatively easy to stack.

Of course, it is physically impossible to stock five years worth of water in your bunker! This is why it is essential to either invest in a bore hole or collect rainwater. Ideally you should incorporate both systems. This would mean that one of the systems should always have water available.

Of course, if there is any issue then the water you have already stored in your store room can help you to survive whilst you sort out the issue.

Water which is collecting from rain; or even water from a bore pipe may be contaminated! You are unlikely to have the testing equipment to confirm that it is safe to drink. It is therefore; best to have at least one of these options handy:

- Purification Tablets

These are small tablets which can be added to water. Every tablet will treat between 1 liter and 2,500 liters of water, depending upon the tablet size. It kills organisms in the water effectively stopping any risk of a wide number of diseases.

- Bleach

An alternative is to add six drops of normal bleach to one gallon of water. This will give the water a slight tang but it will also ensure there are no bacteria or harmful bugs within the water.

It is possible to reduce the taste of the chorine by letting the water sit for two or three hours before using it. This should be easy to achieve within your bunker!

- Boiling

Water can be boiled and this will remove many of the dangerous particles that are frequently found within in it. To be sure that it is safe to be drunk you will need to boil it for approximately 10 minutes.

However, it is worth noting that this method will require use of your electricity or camping gas whilst the other methods do not need this.

- Filtration System

It is possible to add a filtration system into your water system as you fit it into your bunker. The first stage is to ensure there are mesh filters in your

ran water tanks and bore hole. This will prevent any large debris from going into your pipes, contaminating your water and blocking the pipes.

You should always draw water from several inches above the base of the tank; this will prevent sediment from being dragged through.

You can then add a filter into your pipe work. In fact, it is best to add two! These should be 20 micron and then a 5 micron filter; this should remove all debris.

To ensure the water is clean you can then pass it through a UV light filter. However, the easiest method if you are looking to clean your own water for five years plus, is to use bleach; as mentioned above.

All elements of the filter system should be cleaned every 3 months to ensure they remain in perfect working condition.

Conclusion

There is no doubt that it is feasible to build a bunker on a budget and stock it with enough food and water to survive five years. It is better to cover as many different options as possible when looking at water storage. In fact, it is recommended to keep at least 7 gallons of water in storage per person at all times. This will allow you to keep going for at least a week whilst you sort out any issue with the water delivery system.

If you are only expecting to use your bunker to shelter from storms for a few days or a few weeks you can downgrade these plans. However, planning and building for five years means that you will have all the elements to survive in the long term.

The one item which has not been mentioned here and should be included is your communication systems. A ham radio will allow you to connect with any other survivors and assess the situation in different parts of your local area. You should also have a radio to ensure you are aware of any news which is broadcast by the government. Lastly, it is essential o have some means of checking what is going on outside you r ‘ front doo r ’ . A virtually invisible camera is the best idea; it will ensure you can check if intruders are near your hatch and what else is happening.

After all, despite all your preparations, there is little point in staying underground for five years if you do not need to. A discreet entrance can

allow you to come and go; making your bunker the perfect base and your life a little more comfortable.

A well stocked bunker will also have a good selection of seeds; this will ensure you can grow your own food in the future; once the ground is capable of supporting life again. You should also consider books and games; you may find that you have more downtime than you do at present!

There will always be those who laugh at the idea of preparing for the future with a stockpile of food and a good bunker. However, it will be you that is laughing when TSHTF and you that will be safe.

As an additional bonus, the bunker can be a great addition to your family home. The children will love to play in it and you can even camp out in it; under the pretext of testing it out!